

## DAILY HEALTH CHECK

### Instructions

**When a child comes into the setting, observe child and/or ask the parent the following questions:**

Be at the child's level so you can interact with the child even if talking with the parent.

#### **1. Check:**

**Behavior:** typical or atypical for time of day and circumstances

#### **Appearance:**

- a. **Skin:** pale, flushed, rash (feel child's skin by touching gently)
- b. **Eyes, Nose, Mouth:** is there discharge, is the child rubbing eyes nose or mouth note color.
- c. **Breathing:** normal or different: is there a cough

#### **2. Ask parent:**

- a. How the child seemed to act at home
- b. Did the child sleep well the night before
- c. Did the child have anything to drink/eat today
- d. Were their eating/drinking habits normal previous to arrival
- e. Any problems with urination/bowl movements
- f. Any unusual events that might influence the child's behavior (death of pet, change in family structure, etc.)

**Reference:** American Academy of Pediatrics, PA Chapter (2004) Model Child Care Health Policies, 4<sup>th</sup> Ed.